



October 2024

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

Denise Dias

Wyandotte County Director

Happy fall! It is hard to believe that it is pumpkin spice season! I hope you take some time to enjoy one of the great ideas our agents have conjured up for you below. We have numerous community activities this month so if you see us out and about please stop by and say hi!

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STATE FAIR AWARDS

Congratulations to the Wyandotte County 4-H members who participated with their 4-H projects at the Kansas State Fair! The Kansas State Fair is the peak of competition for Kansas 4-H members. Most state fair divisions require 4-H members to qualify or meet a minimum standard at the county fair in order to participate at the state level. These 4-H members represented Wyandotte County in their 4-H divisions.

Piper 4-H Club

Anson-Woodworking, Visual Arts-Leather

Ellie- Photography, Sewing & Textile Design, Visual Arts-General Crafts

Emma- Cattle, Swine

Miles- Swine

Abigail-Photography

Wolcott Wanderers 4-H Club

Eli- Swine, Goat, Building Block Construction, Foods & Nutrition

Isaiah-Swine, Goat

Nearman 4-H Club

Amber- Dog, Visual Arts-Clay & Ceramics, Veterinary Science, Fiber Arts

Ruby- Dog, Visual Arts-Three Dimensional, Fiber Arts

Michael-Photography

Grace-Photography

Andrew-Photography, Shooting Sports

Homestead 4-H Club

Marcus- Visual Arts-Fine Arts

Shay- Fiber Arts, Woodworking

Miriam- Fiber Arts

Anna- Fiber Arts

Johnny-Fiber Arts

Lyle-Geology



HOW TO CREATE A FALL BUDGET AND PREPARE FOR SEASONAL EXPENSES

Creating and implementing a fall budget is a smart way to manage seasonal expenses and keep your financial goals on track. By planning ahead for back-to-school costs, holiday shopping, and other autumn activities, you can avoid the pitfalls of overspending and save more in the long run. Take the time to review your budget regularly, look for ways to save, and always be prepared for the unexpected.

As the autumn leaves start to fill the landscape and the crisp air signals the end of summer, our daily routines shift. For many, fall brings a new set of financial obligations. Whether you're preparing for holiday shopping, or simply embracing seasonal activities, fall expenses can pile up quickly if you don't plan ahead. To stay abreast of your financial game this season, now is the perfect time to build a budget tailored to your fall needs. In this post, we'll explore how to create a practical and effective budget that not only covers your upcoming expenses but also helps you stick to your financial goals.

Creating Your Fall Budget, Now that you've identified your fall-specific expenses, it's time to create your budget. Here's a step-by-step guide to get started:

a. Track Your Current Income and Expenses

Before allocating money to fall-related spending, it's important to get a clear picture of your overall financial situation. List your income sources, such as your paycheck, side gigs, or any additional money you receive each month. Next, track your regular monthly expenses, including rent/mortgage payments, utilities, groceries, and other bills.

This will give you a solid understanding of how much money is available for fall-specific expenses.

b. Set Spending Limits for Each Category

Once you have a good idea of your regular expenses, assign spending limits to each of your fall categories (back-to-school, holiday shopping, etc.). Keep these tips in mind:

Be realistic: Set amounts that reflect what you can reasonably afford without sacrificing your financial goals.

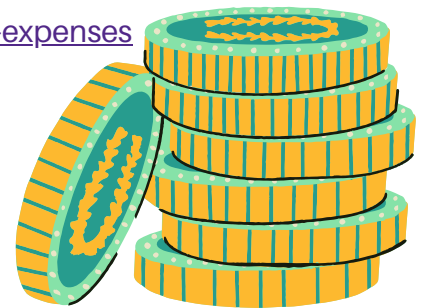
Prioritize: If you're stretched thin, consider trimming your spending in less important categories to leave room for essentials.

Leave room: Allocate some extra funds for unexpected costs or to treat yourself occasionally without guilt.

c. Use a Budgeting Tool

To keep track of your budget, use a budgeting tool or app, such as Mint or YNAB (You Need a Budget). These tools allow you to easily categorize expenses, monitor spending in real-time, and stay within the limits you've set. Additionally, budgeting apps can help you set aside money for long-term goals, like saving for an emergency fund, vacation, or major purchase. You can even automate savings transfers to keep your goals on track without the hassle.

<https://www.utfcu.org/blog/how-to-build-a-fall-budget-and-prepare-for-seasonal-expenses>



Nutrition and Food Safety

FALLING FOR PUMPKINS THIS OCTOBER

Whether you prefer carving jack-o-lanterns, taking a trip to the pumpkin patch, or eating pumpkin spice everything, I think one thing we can all agree on is that pumpkins are a major staple during the month of October. Since pumpkin-related activities, foods, and decorations are all the rage during this time of the year, to keep with the pumpkin-everything trend, let's learn about some of the amazing health benefits of pumpkins!

Higher-Fiber, Low-Calorie Option

In addition to being low in calories, pumpkin is also high in fiber. Foods that are high in fiber add bulk to your diet and take a longer time to digest. This causes you to feel fuller for longer while also helping to keep your gut moving and healthy.

Eye and Skin Health

Pumpkins are full of vitamin A, an important vitamin that helps to keep both our skin and eyes healthy. Vitamin A may help in reducing your risk of age-related macular degeneration, developing cataracts, skin inflammation, and sun damage.

Heart Health

Pumpkins are a good source of minerals such as potassium, iron, and magnesium. These minerals all pitch in to keep our cardiovascular system functioning and healthy by helping to regulate blood pressure, support muscle and nerve function, and maintain bone health.

Antioxidants

Antioxidants are naturally occurring compounds found in foods that help to protect our bodies against free radicals that can cause cell and tissue damage. Pumpkins are a rich source of antioxidants, which help boost immune health, and beta-carotene, which is a type of antioxidant responsible for the orange color of pumpkins. Beta-carotene has many health benefits, including eye health, skin health, and anti-inflammatory effects. It may also help in reducing the risk of heart disease and certain cancers.

Incorporating pumpkin into your diet is the easiest way to unlock all its amazing health benefits. Adding pumpkin to baked goods and soups or even eating some pumpkin seeds as a snack is a great way to take full advantage of the health benefits

associated with pumpkins and will make your recipes just that much tastier!

For some great tips on buying, preparing, and preserving pumpkins as well as different pumpkin recipes, check out the following site:

[9 sweet and savory pumpkin recipes | Live Well. Eat Well. | Illinois Extension | UIUC](#)

Pumpkins are high in many essential nutrients

One cup (245 grams) of canned pumpkin contains:

**83 Calories
&
7 Grams of Fiber**



Sources:

[Health Benefits of Pumpkins | Northwestern Medicine](#)

[The Health Benefits of Pumpkin | University Hospitals \(uhhospitals.org\)](#)

[6 Pumpkin Health Benefits \(clevelandclinic.org\)](#)

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GRAB AND GO LUNCHES

Have you ever wondered how nutrition plays a role in your immune system? Maintaining a healthy and balanced diet is one way to help prevent bacteria, viral, and other infections. Now, let's take a look under the nutrition microscope to see how macronutrients and micronutrients function in the world of your immune system.

Nutrition supports immunity through multiple mechanisms. All cells in the body require energy from food, and immune cells are no exception. One of the best ways to support your immune system is to eat enough. In order to make and support immune cells, your body needs energy, which comes from the food and drinks you put in your body. In addition to fueling immune cells, the different macronutrients and micronutrients offer support on many other levels:

- Work as antioxidants
- Produce antibodies
- Provide structure for immune cells
- Promote growth and activity of immune cells
- Produce white blood cells
- Regulate immune cells responses
- Lower oxidative stress and reduce inflammation
- Synthesis of immune cell DNA and protein
- Repair damaged cells and tissue



Different nutrients play different roles in supporting immune health, so there are no “super foods” that can do it all. However, there are certainly some foods that are rich in immune-supporting nutrients.

- Vitamin C works as an antioxidant + promotes growth and activity of immune cells
- Folate/Folic Acid produces antibodies + synthesis of immune cell DNA and protein
- Vitamin A works as an antioxidant + produces white blood cells + regulates immune cell responses
- Protein promotes growth and activity of immune cells + repairs damaged cells and tissue + formation of antibodies
- Vitamin E works as an antioxidant
- Selenium promotes growth and activity of immune cells + lowers oxidative stress and inflammation
- Iron promotes growth and activity of immune cells + carries oxygen to immune cells
- Zinc promotes growth and activity of immune cells
- Vitamin D provides structure for immune cells + promotes growth and activity of immune cell

INTRODUCING OUR NEW AGENT!

Hello, my name is Cory Creed and I am the new horticulture agent here in Wyandotte County. I grew up in a small town in Southwest Missouri and discovered my love for plants while studying biology in high school. This inspired me to choose agricultural science as my major at Truman State University, where I received my undergraduate degree.

During my summers in college, I worked as a crop scout and agronomist in northwest Illinois, walking through corn and soybean fields, assessing their condition and offering recommendations. I was then offered the opportunity to pursue my Master's with an assistantship at Missouri State University, spending most of my time at the Missouri State Fruit Experimentation Station in Mountain Grove, MO. There I worked to monitor insect pests, and research ways to prevent them from infesting fruit crops, particularly apples.

Following my graduation, I served as the horticulture specialist and county program director for the University of Missouri Extension in Platte County. There I helped train the Master Gardeners of Greater Kansas City, put on educational programs for the public and answered homeowner and farmer questions about horticulture.

I have also since worked at greenhouses, small and commercial, growing my knowledge of ornamental plants. I am excited to get settled into this new role, and am looking forward to the projects and programs we will put on to serve the residents of Wyandotte.



Community Development

GRANT FUNDING OPPORTUNITIES

Do you want to improve your community? If so, one of these funding opportunities may be an option to consider. Not sure how to write a grant? Then attend the next in-person Grant Writing Workshop on October 8th. More information is in the events section of this newsletter.

PeopleForBikes has an Industry Community Grant program that supports bicycle infrastructure projects and targeted initiatives making it easier and safer for people to bike. Grants range from \$5,000 to \$10,000. The cycle will open on September 1, 2024, with Letters of Interest accepted until October 11. If invited to submit a full application, those will be due at the end of November.

Check this site for more details: <https://www.peopleforbikes.org/grants>

Starting January 1, 2025, the O'Reilly Auto Parts Foundation will open its grant application cycle. Suppose an O'Reilly Auto Parts store serves your community and you're seeking funding for a project that will contribute to economic stability and mobility, workforce development, health and social services, or disaster relief. In that case, you might be eligible to apply.

Find out more here: <https://www.oreillyauto.com/oreilly-foundation>

The Kansas Health Foundation has up to \$5,000 available through their Kansas Innovation Fund for ideas using innovative and creative ways to improve health and wellness in Kansas. They also have an option to request a sponsorship through their site. You can find both opportunities on their website: <https://kansashealth.org/opportunities/>

The Kansas Department of Commerce's Arts Commission has recently released a grant opportunity in the area of Arts in Medicine, which intends to improve health through art therapy. Arts in Medicine, a partnership between the Kansas Arts Commission and Emporia State University, is accepting applications from associations, agencies, and organizations that provide medical services to Kansans.

<https://www.kansascommerce.gov/program/kcaic/arts-in-medicine/>



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Upcoming Events



October 7-11: Extension Council
Voting

October 8: Grant Writing
Workshop

October 16: ServSafe

Connect with us!



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jo McLeland two weeks prior to the start of the event (insert deadline date) at (913-299-9300 or jo1@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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